

STUDIO 1

Updated 4/23/2014

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING					6:30-7:00 BOSU-Core [Kerri]	
						9:30-10:30 Cardio Blast [Kerri]
MID-DAY	11:30-12:30 Step +Core Strength (30/30) [Jim]	11:00-12:00 Body Pump [Tonya]	11:30 – 12:30 Spin/Muscle Jam (30/30) [Kerri]	11:00-12:00 Body Pump [Luca]	11:30-12:30 Interval Training [Richard]	10:30 – 11:30 Body Pump [Leslie/Holly]
		12:15-1:15 Tae-Kwon-Do [Stan/Matt]		12:15-1:15 Tae-Kwon-Do [Stan/Matt]	12:30-1:30 Tae-Kwon-Do [Stan/Matt]	
EVENING	4:30-5:30 Cardio Blast [Shelly]	4:30– 5:30 Zumba [Tiffany]		4:30-5:30 Body Pump [Leslie]	4:30-5:30 Core Strength [Jim]	
	5:30-6:30 Dance Jam [Heather]	5:30-6:30 Cardio Blast [Rotating]	5:30-6:30 Body Pump [Leslie]	5:30-6:30 Muscle Jam [Heather]		
	6:30-7:30 Body Pump [Leslie]			6:30-7:30 Dance Jam [Angela]	<div> **Schedule subject to change without notice. **Instructors are Group Exercise and CPR/AED certified. </div>	